

Nutrition Packet

APRIL





Joe's Blue Cornmeal Mush by Joe VanAlstine, LTBB of Odawak

INGREDIENTS*

- 1-2 soft-boiled **eggs** per serving
- 1 ½ cups water
- 1 cup blue **cornmeal**
- ¾ to 1 cup **1% milk**
- ¼ teaspoon salt, or more as needed to taste
- 1 Tablespoon **butter**
- ¼ cup maple sugar
- Walnuts and pecans

Source: LTBB Odawak FDPIR and Community Health programs

*Ingredients in **bold** are available through the Tribal FDPIR program in your community.

INSTRUCTIONS

SOFT-BOILED EGG:

1. Wash your hands before preparing food.
2. Bring about 2 inches of water to a boil in a small saucepan.
3. Gently place eggs into boiling water and boil for 6 ½ minutes.
4. Rinse eggs under cold water until able to handle easily with bare hands.
5. Peel eggs and set aside.

MUSH:

1. In a large, heavy bottomed saucepan, bring 1 ½ cups water to a boil.
2. Mix milk and salt in a small bowl, slowly stir in the cornmeal until smooth.
3. Slowly pour the cornmeal/milk mixture into the boiling water, stirring constantly.
4. Bring mixture to a boil again, then reduce heat and stir almost constantly to avoid scorching for about 15 minutes, or until the mixture is thickened to the consistency that you like.
5. Stir in butter and maple sugar. Divide into bowls and top each with nuts and soft-boiled egg(s).

NOTES AND IDEAS:

- **FDPIR dried cherries**, or **dried plums** or **applesauce** and a sprinkle of cinnamon would also be delicious additions.
- Try the **FDPIR dried fruit and nut mix** in place of pecans and walnuts.
- An additional drizzle of maple syrup might be tasty.
- A delicious addition would be 1 teaspoon of cedar ash.

LINKS:

YouTube: <https://youtu.be/M5VcQGaf2Kl>

Instagram: https://www.instagram.com/tv/CM4m4_wnkoi/?utm_source=ig_web_copy_link
<https://fb.watch/4tG9BZpMPC/>

Facebook: https://itcmi-my.sharepoint.com/:v:/r/personal/mwillette_itcmi_org/Documents/ITCMI%20Shared%20Media%20Assets/Media%20Assets/Programs/Anishinaabek%20Cooking%20Resources/2021/April/Blue%20Cornmeal%20Mush.mp4?csf=1&web=1&e=QCEgqm

Download: [ITCMI%20Shared%20Media%20Assets/Media%20Assets/Programs/Anishinaabek%20Cooking%20Resources/2021/April/Blue%20Cornmeal%20Mush.mp4?csf=1&web=1&e=QCEgqm](https://itcmi-my.sharepoint.com/:v:/r/personal/mwillette_itcmi_org/Documents/ITCMI%20Shared%20Media%20Assets/Media%20Assets/Programs/Anishinaabek%20Cooking%20Resources/2021/April/Blue%20Cornmeal%20Mush.mp4?csf=1&web=1&e=QCEgqm)

Blue Cornmeal Tamale Casserole (Serves 6-8 people)

INGREDIENTS*

- **Vegetable oil**
- 3 cups water
- 1 cup blue **cornmeal**
- 1 cup **1% milk** OR 1 cup reconstituted **instant nonfat dry milk** OR water
- ¼ teaspoon salt
- 2 ½ teaspoons chili powder – divided
- ½ teaspoon garlic powder – divided
- 2 cups of grated **American cheese** – divided ½ cup and 1 ½ cups
- 1 medium **onion**, diced small
- ½ large OR 1 small **green pepper**, chopped small
- 1 15.5 oz. can **refried beans**, mild or spicy
- 1 15.5 oz. can **black beans** OR **kidney beans**, drained and rinsed
- 1 15.5 oz can whole kernel **corn**, drained OR 1 cup of frozen corn
- 1 15.5 oz. can diced **tomatoes**
- 1 12.5 oz can **chicken**, drained (save broth for another use), chopped into ½" pieces
- 1 teaspoon ground cumin and ½ teaspoon oregano (both optional, but delicious)

Adapted from: *Recipes Wrapped with Love*, 2011 The Chickasaw Nation Food Distribution Program

*Ingredients in **bold** are available through the Tribal FDPIR program in your community.

INSTRUCTIONS

1. Wash your hands before preparing food. Spread 1 teaspoon of vegetable oil generously on bottom and sides of a 9" x 13" dish.
2. In a large saucepan, bring the water to a boil.
3. In a small bowl, mix together the cornmeal, milk and salt. Slowly pour the cornmeal/milk mixture into the boiling water, stirring constantly.
4. Bring mixture to a boil again, then reduce heat and stir almost constantly to avoid scorching. Add ½ teaspoon of chili powder and ¼ teaspoon garlic powder. Cook for about 10 minutes.
5. Spread the hot cornmeal on the bottom of the greased 9"x13" dish. Sprinkle with ½ cup of grated cheese. Preheat oven to 350°F.
6. Sauté onions and green pepper in 1 Tablespoon vegetable oil until soft. Add all other ingredients, and remaining chili and garlic powders, cumin and oregano. Heat until hot.
7. Spread the mixture over the cheese and cornmeal in the baking dish. Sprinkle remaining 1 ½ cups of cheese over the casserole. Bake for 30 minutes, or until bubbling and cheese is melted.

NOTES AND IDEAS:

- Cooked ground beef, or leftover chicken pieces can be used in place of the canned chicken.
- This would be delicious served with a crunchy salad or vegetable sticks.
- Add some salsa and avocado when serving.



OVERNIGHT OATMEAL WITH BERRIES

Makes: 1 serving

Mix and refrigerate overnight to enjoy the next morning.

INGREDIENTS

- ½ cup low-fat milk (or less for thicker oatmeal)
- ¼ cup Greek yogurt
- 2 teaspoons honey
- ¼ teaspoon cinnamon or nutmeg
- ¼ teaspoon vanilla extract
- ½ cup uncooked rolled oats
- ¼ cup raspberries, blueberries, or strawberries, fresh or frozen

DIRECTIONS

1. Combine milk, Greek yogurt, honey, cinnamon, and vanilla extract in a bowl or a jar with a lid.
2. Add oats and mix well.
3. Gently fold in berries.
4. Cover and refrigerate 8 hours to overnight.
5. Enjoy cold or heat as desired.

Adapted from: USDA Center for Nutrition Policy and Promotion

Planning For A Healthy Breakfast

With a little planning, you can wake up to a quick, tasty, and nutritious breakfast. Find out how below.

SHOP SMART FOR MORNING MEALS

- At the supermarket, stock up on your favorite nutritious breakfast options. Some ideas are: oatmeal and whole-grain versions of ready-to-eat cereal (such as shredded wheat); whole-grain choices for bread, bagels, and toaster waffles; eggs; peanut butter or other nut butters; low-fat or fat-free yogurt; cottage cheese and milk; fresh and dried fruit; canned fruit in 100% juice; and 100% fruit juice.
- Pick up ingredients for any recipes you plan to make.

GET SET THE NIGHT BEFORE

- In the evening, set the table and put out needed appliances, such as the toaster, and non-perishable foods, such as cereal boxes, peanut butter, bread for toast, and whole and dried fruit. Put perishable items like milk and yogurt toward the front of the fridge so that they're easy to grab.
- If you're taking your breakfast to go, add non-perishables, such as instant oatmeal cups and raisins, to your bag the night before. Pop in perishable foods like yogurt or a hard-cooked egg right before you dash out the door (add an ice pack to keep them cold and safe to eat).
- Assess your leftovers. You might find a ready-made breakfast that can be quickly reheated, such as a slice of leftover pizza or a cup of soup. Leftover meat or vegetables can be added to scrambled eggs or an omelet or used to make a breakfast sandwich.

WHIP UP A MAKE-AHEAD MEAL

- If you have a slow cooker with a timer, prepare a batch of oatmeal in the evening so that you can wake up to a hot breakfast. Refrigerate leftovers to microwave on future mornings. Or, make the easy recipe for **Overnight Oatmeal with Berries**.
- Get ahead on weekends. Bake and freeze whole-grain muffins, make hard-cooked eggs, stir up a batch of low-fat granola, or chop ingredients to make a quick omelet during the week.

PEANUT BUTTER BANANA SMOOTHIE

Makes: 2 servings

Take this tasty smoothie to go in an insulated travel cup.

INGREDIENTS

- 2 small ripe bananas
- 1 cup skim milk
- 1½ tablespoons creamy peanut butter
- ½ tablespoon unsweetened cocoa powder
- ½ cup low-fat vanilla yogurt
- 1½ cups ice

DIRECTIONS

1. Peel bananas, chop into small pieces, and place in freezer for at least 1 hour.
2. Place all ingredients in a blender.
3. Blend on high until smooth.
4. Pour into 2 glasses. Serve right away.

Adapted from: USDA Center for Nutrition Policy and Promotion



Planning For A Healthy Breakfast (continued)

TRANSPORT YOUR BREAKFAST

- If you are in a rush or just not very hungry first thing in the morning, there are plenty of easy breakfast options to eat on the go or even at your desk. Some ideas to carry in your bag include: instant oatmeal cups or packets; whole-grain muffins and bagels; low-fat or fat-free yogurt or cottage cheese cups; reduced-fat cheese sticks or hard-cooked eggs; packets of nut butter; sturdy whole fruits like oranges, apples, and bananas; single-serving containers of fruit in 100% fruit juice; mini-boxes of raisins; and 100% juice boxes. Remember to pack perishable foods in an insulated bag with an ice pack.
- Have a few minutes? Blend up the **Peanut Butter Banana Smoothie** recipe shown to sip on your commute.

Carbohydrates and Fiber



DO CARBOHYDRATES MAKE PEOPLE GAIN WEIGHT?

Contrary to the claims of some popular diets, foods with carbs do not cause obesity. People gain weight if they eat more calories (from all kinds of food) than their bodies burn.

Therefore, a diet that “cuts carbs” without reducing total calories won’t help you lose weight. Also, a low-carb diet may not provide you with enough vitamins, minerals, and dietary fiber for good health.



WHAT DO CARBOHYDRATES DO?

Carbohydrates, or carbs, are 1 of the 3 main building blocks of food, along with protein and fat. Foods with carbs help fuel your body (like gas fuels a car). Healthy adults should get between 45% and 65% of their total daily calories from carbs.

WHICH FOODS HAVE CARBOHYDRATES?

Foods with carbs include many healthy choices:

- Whole grains (such as brown rice, oats, and bulgur) and foods made from whole grains (such as some breads, cereals, and pasta)
- Vegetables
- Milk and yogurt
- Fruits and 100% fruit juices
- Beans and foods made from beans (such as soy milk)

In addition to energy, healthier carb choices can provide dietary fiber, protein, vitamins, and minerals that your body needs. Choose a variety of these foods every day!

Other foods with carbs include:

- sugar, syrup, and honey
- foods made with added sugar or other sweeteners (like candy, soft drinks, cakes, cookies, and other snack foods)
- foods made with refined grains (like white flour or white rice)

These foods provide calories but often lack dietary fiber and other nutrients. For this reason, choose these foods less often. Refined grains may be enriched, meaning certain vitamins and minerals are added back after processing.

WHAT DOES FIBER DO?

Fiber contributes to good health in many ways:

- It keeps food moving smoothly and regularly through your body.
- It may help prevent heart disease by lowering blood cholesterol levels.
- It may lower the risk of developing certain cancers.
- It helps to control blood glucose levels in diabetes.
- A high-fiber diet tends to make you feel fuller sooner so that you eat less. This can help with weight control.

HOW MUCH FIBER DO YOU NEED?

Daily recommendations for most healthy adults:

- Men 50 years and younger: 38 grams of fiber per day
- Men 51 years and older: 30 grams of fiber per day
- Women 50 years and younger: 25 grams of fiber per day
- Women 51 years and older: 21 grams of fiber per day

TIPS FOR GETTING MORE FIBER

- Start slowly. Adding too much fiber too fast can cause gas, cramps, and diarrhea. Add one high-fiber food, adjust to it, and then add another.
- Drink plenty of water. This keeps fiber moving through your digestive tract.
- Eat the peels. The edible skins of many fruits and vegetables like apples and potatoes contain fiber. Remember to wash skins before eating.
- Get your fiber from a variety of foods. This helps you get all the nutrients you need each day. A doctor or dietitian can help you decide whether fiber supplements are a good idea for you.

Carbohydrates and Fiber

(continued)

TIPS FOR CHOOSING HEALTHY CARBOHYDRATES

- Eat a rainbow of different colored fruits and vegetables, including 100% juice.
- Eat beans and peas often. Try flavoring them with herbs, spices, onions, garlic, and vegetables instead of salty or fatty meats.
- Make lower-fat milk and dairy choices, like fat-free (skim) or low-fat (1%) milk instead of whole or reduced-fat (2%) milk. Eat fat-free or low-fat yogurt.
- For at least $\frac{1}{2}$ of the grain foods you eat, choose whole grains. (Whole grains contain the entire grain seed of a plant and provide dietary fiber, vitamins, and minerals.)
- When choosing bread, read the ingredients list on the food label. The first word should be “whole”. Read the Nutrition Facts label and choose breads that have at least 3 grams of dietary fiber per serving.
- When baking, replace $\frac{1}{2}$ of the white flour in recipes with whole-wheat flour.
- Choose brown rice instead of white rice, or try other cooked whole grains, such as whole-grain barley, bulgur, quinoa, or farro.
- Have whole-wheat pasta instead of pasta made with refined flour.
- Snack on air-popped popcorn, whole-grain cereal, or whole-grain tortilla chips.

Zaagibagaa Giizis – Leaf Budding Moon

3RD MOON LESSON – APRIL

ANISHINAABEMOWIN	PRONUNCIATION	ENGLISH
Zaagibagaa-giizis Niswi Miinikaan Zaagigi	Zah-gih-buh-gah-gee-zis Nih-swih Mee-nih-kawn Zah-gih-gih	Leaf Budding Moon Three Seed Sprout

*In the White Earth Indian Community, the 3rd Moon is called Leaf Budding Moon. What is the name for the 3rd Moon in your community? Who would you ask to find out?

SEED IS OUR RELATIVE

NUTRITION INFO:

- Many seeds are edible and full of protein, fiber, vitamins, and minerals.
- A seed is life. It is a living food.
- The majority of calories we eat come from seeds, especially beans and nuts.
- Seed provide most of the cooking oils we use.



TOP TEN HEALTHIEST SEEDS ON MOTHER EARTH

1. Apricot
2. Chia
3. Cumin
4. Flax
5. Grape
6. Hemp
7. Pomegranate
8. Squash
9. Sesame
10. Sunflower

13 Moons of Anishinaabe Nutrition: A Nutrition Curriculum Based of Traditional Anishinaabe Foods

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